

ANGER SUPPORT PACK



Feeling angry is a normal emotion and an important part of our lives. Perhaps we've been let down by someone, we're feeling frustrated about a situation or something hasn't gone our way. What's important is how we handle our anger by ensuring that we accept it but then deal with it in a healthy way. Children do not always have the skills or the words that make it possible for them to do this on their own and may require our help and support to work through this feeling. Anger may in fact be the result of lots of other feelings that are bubbling underneath the surface as we can see in the Anger Iceberg on the next page.

When a child is frequently angry it can be very upsetting for their parent, carer or siblings. This activity pack has been put together to try to help your child to manage these feelings in a way that supports all of you.

As a school your family's well-being is incredibly important to us and we want to help in any way that we can. If you or your child is in need of additional support with your child's anger, please feel free to call the school. Our child and family support worker, Kate is also happy to discuss this with you and to work with your child to help them to find healthy ways to express themselves.

We will always to our best to help and support you.

Anger Iceberg

Icebergs are large pieces of ice found floating in the open ocean. What you can see from the surface can be misleading. Most of the iceberg is hidden below the water.

This is how anger works. Often when we are angry, there are other emotions hidden under the surface.



Angry

embarrassed scared grief
shame tricked overwhelmed
frustrated depressed disgusted
distrustful grumpy stressed
attacked rejected helpless
guilt trapped nervous anxious
trauma annoyed exhausted envious
disrespected unsure offended
disappointed lonely
uncomfortable worried insecure
regret hurt

ACTIVITIES THAT MIGHT HELP

If your child is annoyed at somebody else, they could try the suggestions from the image below.

What Can I Do?



Wait & cool off.



Walk away & let it go.



Ignore it.



Apologize



Go to another activity.



Tell them to stop!



Talk it out.



write about it.

Quick ways to CALM down!

Sea Life Sensory Solutions.



Puffer Fish Puff

Puff your cheeks like a puffer fish!

Fill your cheeks with air and hold for 5 seconds.



Clam Cuddle

Cuddle yourself like a clam.

Place your hands on the opposite shoulders and squeeze.



Turtle Tongue

Poke your tongue out like a turtle pokes out its neck.

Stick your tongue out and quickly hide it again.



Starfish Stretch

Stretch out like a starfish.

Place your arms up over your head and stretch out wide. Stretch your legs out wide too.



CALMING THER-LLAMA-TER



OUT
OF
CONTROL

What I can do:

Calm Breathing

Grounding Activity

SCARED
OF
LOSING
CONTROL

Calm Breathing

Body Tightening Exercises
(Progressive Muscle Relaxation)

Change your location

Watch a movie

Stress Balls

Fidget Toys

Calm Breathing

Be with nature or an animal

Listen to music

Color/Draw/Write/Craft

Positive Self-Talk

NERVOUS

Go outside

Exercise / Move around

UNSURE

CALM

Try cutting out these pictures with your child and then sticking them onto pieces of card. Hole punch them and thread through some string to turn them into a flip book. When your child is angry, they can choose an activity from the book to try to help them calm down.

Anger Management Skill Cards



Take 20 Deep Breaths



Draw Your Anger



Do 50 Jumping Jacks

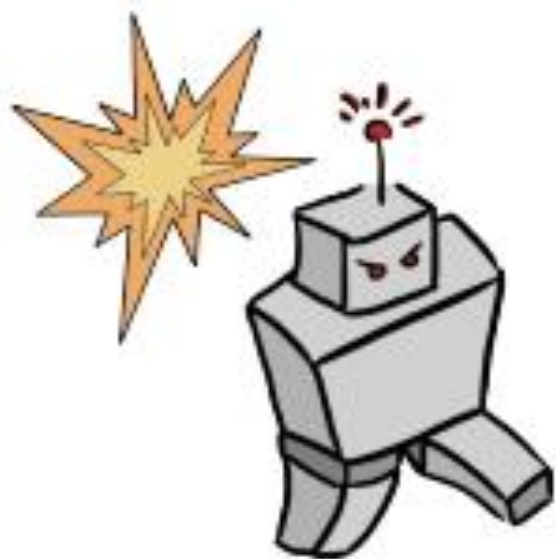


Write About Your Anger

Anger Management Skill Cards



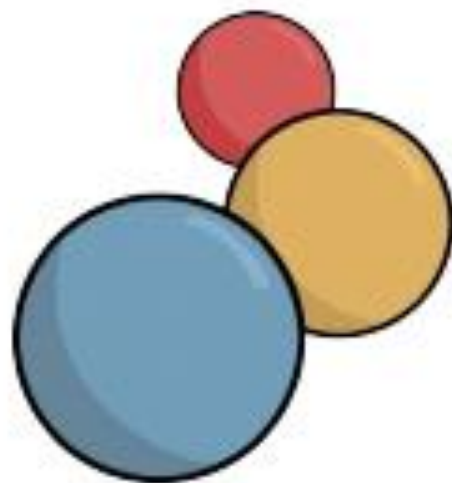
Count to 100



Walk Away



Talk to Someone about
Your Problem



Squeeze a Ball

How Anger Feels

Describe how different parts of your body feel when you get mad, then write three ways you can clam down you're mad.



My eyes feel:

My ears feel:

My mouth feels:

My face feels:

My belly feels:

My hand feels:

My feet feels:

When i get mad, i will....

1.

2.

3.
